

Distance Learning: Best Break Tips

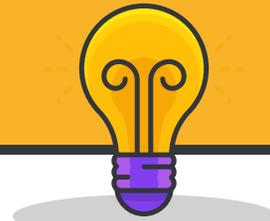
One of the most frequent questions we receive is, *"How often should we incorporate breaks in a live, virtual education session?"*

There really are no hard and fast rules, but here are some approaches we have come across. We recommend trying different approaches and combining these concepts based on your objectives, content, audience, level of engagement, and ratio of listening-to- doing that is involved in your session. The more "just listening" you expect from learners, the more breaks you need. As always, incorporate assessments or status checks to see the learners' energy levels and respond with flexibility. If your learners need a break, provide a quick break.

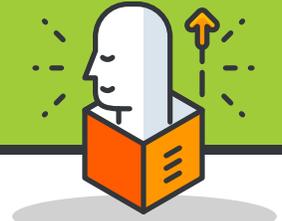
The Mix-it-Up:
Change activity every 25 to 30 minutes. Some research shows that shifting the attention after 25 or 30 minutes can increase students' attention. Incorporate a break into the rotation after 2-3 activity changes.



The Reliable Rest:
Give a 5 minute break every 30-45 minutes, Learners are told about this in advance and come to rely on the breaks so you must adhere to your own rule .



The Old College Try:
Provide a 5 -10 minute break every 55 minutes of class.



20-20-20:
This is sometimes used with children in distance learning. Every 20 minutes give the learner at least 20 seconds to look at something 20 feet away. For accessibility considerations, adapt this to a longer break.



Difficulty in Digesting :
Consider what level of cognitive exertion and undisturbed attention without action is expected and incorporate breaks accordingly. The more passive learning you utilize (lectures), the more breaks you need.



In Person Practice:
How often do you break during in person education sessions? We recommend going no more than 80-90 minutes without a 15-20 minute break for in person workshops. See how that works in your web session.

